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ENG 3402
Professor Belli
Research Project: Cover Letter
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Dear Professor Belli and readers,

In this cover letter, in my honest reflection about the successes and lack thereof of my research project. My research project topic was “Self-Love Within Romantic Relationships.” The main focus of my topic was on the importance of self-love in romantic relationship. With self-love, there are positive and negative effects that involves the mental, physical, and spiritual well-being of oneself. When I first thought about the topic for this research project, it took me back to when I mentioned in my introduction post on how I signed up for this particular course because it intrigued me since I saw the posters for this class in Spring 2018. I wanted to truly understand what self-love is and to know how to imply it with myself.

So when I decided to pick the topic for the research assignment on self-love, I was informed by professor and you fellow classmates that I was too broad with my topic and needed to narrow it down by being more specific. I was able to narrow down my topic more on what I had planned to research for my assignment. As I stated in my proposal, “This topic interest me because I had a hard time loving myself when I was young in feeling that I did not belong because of who I am. Moving back and forth between Trinidad and New York, I had challenges making friends because I was afraid to put myself out there and did not want to get rejected for being myself.” Ever since I had those problems and feelings when I was young, it has affected me in ways of wondering if I will ever be good enough for someone I truly love.

Therefore, in this research assignment, I able to find some information from various sources on how the importance of self-love impacts on romantic relationships, in a positive and negative way. I thought from doing this specific topic for my assignment, would give me a better understanding of it all and really help me to improve myself presently. But I had a much more of a difficult time doing such that. What I learned during the process of this research assignment was a lot of things. A few things that I had a little problem in overall with, before I go into more details, was focusing on reading the sources I collected because I am not a big fan when it comes to reading. With this, it resulted me to overthink and question myself more than I usually do, on the information from the sources I was looking into.

In developing, I had a little problem on creating the thesis statement to discuss the main points of the topic. In researching, I was not fully finding the different sources on the information I needed. For most sources, I was mostly finding information that focused mainly on what self-love means and the importance of it, rather than within romantic relationships with the areas of the mental, physical, and spiritual growth. In writing, I would say that I had strengths and weaknesses. The strengths would be answering the given questions in many details as possible with the help of reading sources, along with reflecting some of my knowledge and experiences. The weaknesses are writing a whole paper based on entirely my own words without using references.

In revising my self-help project, I was able to choose my topic from the personal experience and interest that I mentioned above. With the draft/revising research proposals, I was able to give more details and give more of required information from the peer reviews of my fellow classmates and professor, along with guidance from family and friends. In researching, it is like I said before. In creating of drafting/revising my in-class presentations, I was able to provide brief and precise information on the slides, to then having more information written on flash cards. With the in-class discussions/workshops/reviews, it helped me out a lot. The conferences with professor, encouraged me to do not give up for I was going in the right direction. I did not have meetings with librarians and tutors because I had a lot already on my plate with my other classes, and if I needed more clarification on an assignment, I would ask the professor for thus class.

In conclusion, I would say that I learned how a research project takes a lot more time and focus to get done than other assignments. This also relates to what I learned from the process I went through to gather information from sources, reading, analyzing, summarizing, and citing. Therefore, I did have a little struggle in doing it with all the details that I mentioned above. But what went well was having the guidance from a friend back in Trinidad who helped me to complete it, over phone calls and video calls. I personally cannot say that I have develop much as a writer/thinker, but I did learn more from the last assignment I did. Every class and every assignment, I have learned something new, whether it is small or big. Even something if it is something that I already know, it helps to remind me. This assures that I will gain more knowledge, which will improve my experience and skills little by little.

Yours Respectfully,

Ajah Shann.